

Common Questions for Bottom 5 Coaching

Below is a list of general questions to ask while accompanying your client through their Bottom 5 Themes of Talent. Reference this list when you are getting started in coaching, and let it inspire your own original questions for your client rooted in deep listening. Recognize this list is by no means comprehensive; it is simply a starting point.

Purpose of Bottom 5 Coaching is to facilitate:

- An accurate understanding of the definitions of the bottom Talents within your client
- An awareness of any biases your client might have toward their bottom Talents
- An appreciation and respect for their bottom Talents and the diversity of Talents
- Identification of key people in your client's life to form strategic partnerships with

Powerful Questions for Bottom 5 Coaching:

- What about this Talent conflicts with your preferences?
- What feelings / emotions does this description bring up for you?
- What sorts of things do you struggle with because this Talent is at the bottom for you?
- In your current situations, do you ever have to function in this way? How does that feel?
- What can you do to refill your cup (recharge) after you have to work in these ways?
- Have you ever received feedback around this theme?
- What misconceptions might people have about you since this theme appears in your bottom?
 - How can you manage those misconceptions?
- What is it like to work with someone who is high in this Talent?
- What would this Talent look like in a spiritually mature person?
- Who do you know that might have this Talent in their top 10 Talents?
- How would your life be enriched if this non-pattern Talent was a Strength of yours?
What would it help you to do?
 - The purpose for this question is to cultivate an appreciation for the benefits of a Talent that your client does not have.
- Which of your primary Talents can you use / are you using to compensate for this non-pattern Talent right now?

